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Tuesday, July 26, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

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A KICK IN THE

Democrats' disagreements are out in the open on the first day of the national convention, but Pa. delegates say they won't spurn Clinton in November. 2

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3 THINGS YOU NEED TO KNOW

FBI INVESTIGATES HACKING OF DEMOCRATIC PARTY ORGANIZATION

The FBI is investigating the nature and scope of a cyber intrusion at the Democratic National Committee, the agency said, amid concerns hackers working for Russia are attempting to use the breach to influence the U.S. presidential election. "A compromise of this nature is something we take very seriously, and the FBI will continue to investigate and hold accountable those who pose a threat in cyberspace," the FBI said in a statement. Emails among DNC employees were released by anti-secrecy group WikiLeaks over the weekend appearing to expose favoritism for presumptive Democratic nominee Hillary Clinton over her chief rival in the primary, Bernie Sanders. REUTERS

TURKEY DETAINS 42 JOURNALISTS AS EUROPE SOUNDS ALARM

2 Turkey ordered the detention of 42 journalists, broadcaster NTV reported, under a crackdown following a failed coup that has targeted more than 60,000 people, drawing fire from the European Union. The arrests or suspensions of soldiers, police, judges and civil servants in response to the July 15-16 putsch have raised concerns among rights groups and Western countries, who fear President Tayyip Erdogan is capitalizing on it to tighten his grip on power. EU Commission President Jean-Claude Juncker questioned Ankara's long-standing aspiration to join the EU. "I believe that Turkey, in its current state, is not in a position to become a member any time soon and not even over a longer period," Juncker said on French television France 2. REUTERS

FOUR DEAD, VAN COLLIDES WITH BUS CARRYING DALLAS COWBOYS STAFF

3 Four people were killed on Sunday when a bus carrying staff of the Dallas Cowboys football team collided with a van on an Arizona highway, authorities said. Public safety officials said the four fatalities were all riding in the van. Passengers on the bus, which was transporting Cowboys staff but no players, sustained minor injuries. Authorities were investigating the cause of the collision, which occurred on Highway 93 about 30 miles north of Kingman. No details were available about the people killed in the van. REUTERS

ARIZONA DEPT. OF PUBLIC SAFETY

Emotions run high on opening day of Dems' convention

Sanders supporters upset over email revelation, but willing to back Clinton to beat Trump.

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Sanders GETTY IMAGES

On a day when Bernie Sanders' supporters took to the streets, and delegates booed the populist candidate after he urged them to vote for Hillary Clinton, party unity looked tenuous as the Democratic National Convention began Monday in Philadelphia.

Fractures between Clinton and Sanders supporters have grown more divisive in the wake of leaked emails that showed Democratic Party members were working to undermine Sanders' primary election campaign.

But for many delegates, these battle lines among Democrats are only giving Republican presidential nominee Donald Trump an easy win come November.

"I'm a pledged delegate to Bernie," said Gisele Fetterman, who represents the 14th Congressional District in Pennsylvania. "I will vote Bernie this week and I will support Hillary Clinton in November.

"I do feel we all need to come together. We need to look at the bigger picture of the party, and I hope we can move toward that," Fetterman said.

Her husband, John Fetterman, is a former state Senate candidate who sought Sanders' support in his campaign. He is attending the convention at the Wells Fargo Center as a non-delegate and echoed her eventual support for Clinton.

"Unity is the important thing, we all have to come together as a party," John said. "As a Sanders supporter in my race, and my wife as a Sanders delegate, we believe that it's important to honor Bernie, but it's also important to move on and unite as a party."

> *"We're stronger together, and we need to do everything we can to defeat Donald Trump."*
>
> John Fetterman

"We're stronger together, and we need to do everything we can to defeat Donald Trump," he added.

Gisele Fetterman, a former undocumented immigrant for more than a decade, was in the audience Monday afternoon when Sanders called on his supporters to back Clinton, but she said she didn't jeer him off the stage, like other delegates did.

"We have a few months. I hope that the wounds that are still fresh for the supporters [will heal]," Fetterman said, adding that she hopes party unity is achieved.

Pete Winebrake, a Montgomery County employment attorney, views the issue on a more national level.

As a Sanders supporter, Winebrake said he's willing to vote for Clinton in the fall because of Pennsylvania's status as a battleground state.

"I definitely think it's a lot easier for delegates from states like California, which is where you're hearing so much of the dissent, it's much easier for those delegates to say they're not going to back Hillary because they're coming out of states that no Democrat could lose," Winebrake said. "It's just not possible."

"The Pennsylvania delegation is very much behind the notion of supporting Hillary," he added.

"I'm going to support Hillary, and I believe that the overwhelming majority of Bernie Sanders delegates are going to be voting for Hillary, and many of them are going to be working for Hillary."

Winebrake explained that the convention's opening day is one fueled by emotion: Sanders gave a speech Monday evening, and many delegates felt it was their day to show support. But he quickly warned to not judge the convention by its first day.

"After the convention is over, we have to look back at the course of the entire four days," Winebrake said. "And I have no doubt that as people do that, they're going to see a party that's extremely unified."

At a delegate breakfast Monday, Gov. Tom Wolf reiterated the notion of unity.

"We recognize and respect those disagreements," the governor said. "The things that divide us are far less important, as Hillary says, than the things that unite us."

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DNC protesters keep up pressure on Democrats to take a turn to the left

City Hall was besieged by Sanders backers, others demanding poverty, marijuana and immigration.

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Crowds of protesters swarmed City Hall most of Monday, marching in waves down Broad Street to make their voices heard as the Democratic National Convention got underway.

Many of the protesters were Bernie Sanders supporters, their anger roiled by Sanders urging them earlier in the day to vote for Hillary Clinton.

"We're not automatons, we don't do what Bernie Sanders says, we do what we believe," said Michael Parks, a Bernie Sanders supporter from Indianapolis. "She [Clinton] didn't win in a democratic way, she didn't win anything, and if they appoint her, we will show them exactly what democracy is by leaving their party and voting for [Green Party presidential candidate] Jill Stein."

Parks said he believes Republican Donald Trump will win the election.

"I am convinced that Donald Trump will win," he said. "I do not like Donald Trump, [but] he is a four-year disaster. Hillary Clinton is an eight-year disaster."

The protesters representing various left-wing causes are continuing to push a progressive agenda at the outset of a convention that Clinton and even Sanders are hoping will bind rather than divide Democrats for the coming campaign against Trump.

But leaked emails that show top DNC officials privately opposed Sanders' presidential campaign during the primaries are only continuing to inflame Sanders' supporters.

"It's a confirmation of things that Bernie people have known all along," said Luanne Inn, 43, of Virginia, "that this election has not been fair, that there have been a lot of things going on through the media and the DNC that have benefited Hillary to his disadvantage and affected the election results. … I would like for Hillary Clinton to step down. I think it would be the honorable thing to do."

But others weren't as confident about the risk that continuing to support Sanders over Clinton as the election nears.

"I honestly think we're risking it so hard right now, with a Trump presidency," said Dylan Ramos, 20, of Hawaii. "If I lived in a swing state, I would probably be voting Hillary."

Protesters ranged from supporters of Stein, to pro-marijuana legalization activists, anti-poverty activists with Cheri Honkala's Poor People's Economic Human Rights Campaign and anti-deportation activists.

Mingling with the Sanders supporters were several hundred "jaywalkers," organized by the group that promoted legalizing marijuana in Washington, D.C., last year. They marched carrying flags and signs showing Benjamin Franklin smoking a joint.

City Councilman Derek Green, stepping out of City Hall into the chaos of hundreds of protesters, said he enjoyed the displays of the First Amendment right of free speech.

"Where else would you want to have it than in the birthplace of our country?" he asked.

After protesters marched down Broad Street to the Wells Fargo Center, dozens staged a sit-in outside as the convention kicked off Monday afternoon. At least a dozen were arrested for nonviolently trying to enter the convention.

Additional reporting by Alexis Sachdev and A.D. Amorosi

Protesters march down the streets of Philadelphia during the DNC. GETTY IMAGES

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RIDE THE DNC THIS WEEK

RANDY LOBOSSO

OPINION

Randy LoBosso is the communications manager at the Bicycle Coalition of Greater Philadelphia. @RandyLoBosso

Bicycling is the most convenient and healthiest way to get around Philadelphia. During the Democratic National Convention this week, it may be essential.

Between delegates, protestors and visitors, the city is expecting anywhere between 85,000 to 100,000 additional people in the city this week — about 50,000 visitors and delegates; 35,000 to 50,000 protestors.

The city has approved 30-plus demonstrations and marches at spots all over the city, from as far north as Diamond Street, to as far south as FDR Park. In some cases, protests will travel several miles throughout the city, likely choking motor vehicle traffic along the way.

The issues these groups, and others, will be highlighting are important for the future of our democracy, for sure. But if you've got places to be, here are some things to keep in mind for commuting and moving around the city by bicycle during the week:

During a briefing at the Greater Philadelphia Chamber of Commerce on June 14, the city's Emergency Management Director Samantha Phillips specifically noted bicycles are being "encouraged" on the streets this week. More so than usual, that is.

Commuters would be smart to hop on an Indego bike to get around and avoid any additional motor vehicle traffic that comes into the city, noted Phillips. If you've got an Indego membership already, you know the deal. If you don't: It's $4 per half-hour ride.

And as noted by Phillips, there will be additional buses on the streets, transporting delegates between their hotels, the Convention Center and the Wells Fargo Center.

So when you're on a bike on a street without a bike lane, be sure to watch for additional buses making additional stops. When riding behind a bus, be sure to keep your distance and ride in the center of the lane.

Riding your bike will be mostly business as usual. But certain streets will be closed off in South Philadelphia, and it's important to note where you can and can't ride, especially if you're on your way to the Wells Fargo Center or to a protest in FDR Park.

According to an email from the Office of Emergency Management, if you're riding on Broad Street, bikes are allowed up and down the street, "as far south as Pattison Avenue," notes Phillips. "Once at Pattison Avenue, bikes may turn westbound."

That's because there's going to be a rectangular security zone next to FDR Park run by the Secret Service: Pattison Avenue to the north, Interstate 95 Delaware Expressway to the south, 11th Street to the east and FDR Park to the west. Bikes are allowed to, and within, FDR Park all week.

Lastly, Metro readers already know that there's a nonpolitical Broad Street Ride on Wednesday at 6:30 p.m.

The ride will begin at Cheltenham Avenue and run the full length of Broad Street, ending as close to the Wells Fargo Center as possible for a party.

Given the contention and anger we've all witnessed from this presidential campaign so far, riding the length of America's best big city for cyclists — for fun, no less — may be just the remedy to keep us all sane.

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Jerry Springer: 'There's no correlation between running a business and running the country'

One of Donald Trump's most repeated arguments for election as president is that his success as a businessman makes him qualified to run the U.S. government.

But according to Jerry Springer, a politician turned talk show host who has had success in both the public and private sectors, running a business and a country couldn't be more different.

"There is absolutely no correlation between running a business and running the country," Springer said, talking to a few reporters just outside the Wells Fargo Center on Monday afternoon. "Business is run to make a profit. … By definition the government will never be profitable; that's why we pay taxes. The skills used in business don't correlate to the decisions you make in politics."

Jerry Springer GETTY IMAGES

Regardless of whether you believe he's been effective leading a company, Trump's business acumen is one of his biggest strengths, many supporters would say. Even under the assumption that his achievements turning a profit are unequaled, that skill, according to Springer, would not prepare him for the White House.

"Trump said, 'I am going to build a wall,'" Springer said. "Well, what if in order to get through Congress he needs one more vote, and it's from a senator who wants to make an agreement with Iran? That gives the president a tough decision. Are you going to give up the chance to make a deal with Iran to get a wall built?"

Springers' bias is clear, but is his point nonpartisan? The one-time mayor of Cincinnati and world-known daytime talk show host would argue it is.

"Donald Trump would be a lot of fun to play golf with," Springer said. "Hillary Clinton is the person I would want — if I couldn't have my wife help me raise children — I would want her." EVAN MACY

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Michael Jordan speaks against both police killings and targeting of police

Basketball legend calls for fair treatment for people of color by cops as well as respect and support for officers.

Basketball legend Michael Jordan spoke out on police violence Monday and announced two $1 million grants, to the NAACP's Legal Defense Fund and to a group that works on improving police relations with communities.

"I can no longer stay silent," Jordan wrote in a statement sent to the media. The retired sports star and business magnate is known for his reticence to address social issues, though he has made political donations in the past.

"As a proud American, a father who lost his own dad in a senseless act of violence and a black man, I have been deeply troubled by the deaths of African-Americans at the hands of law enforcement and angered by the cowardly and hateful targeting and killing of police officers," Jordan, 53, wrote.

Over the past two years there have been waves of protests across the country over police killings of black men and increased debate throughout the United States over policing and minorities. The calculated killings in two cities of police officers by black military veterans this month have fueled concerns of a backlash against police. Five officers were killed in Dallas and three in Baton Rouge, Louisiana.

One of the $1 million grants is going to the Institute for Community-Police Relations, an organization launched in May by the International Association of Chiefs of Police that will work to foster best practices in community policing.

The other grant will fund law-enforcement reform work by the National Association for the Advancement of Colored People's Legal Defense Fund.

Jordan, who is worth $1.14 billion according to the Forbes magazine list of billionaires, has made a fortune through endorsements for products such as Nike, and through his ownership of National Basketball Association team the Charlotte Hornets.

He played professional basketball with the Chicago Bulls in the 1980s and '90s when the team won six NBA championships.

Jordan had briefly retired from basketball in the mid-1990s after his father was murdered. REUTERS

Michael Jordan GETTY IMAGES

"As a proud American, a father who lost his own dad in a senseless act of violence and a black man, I have been deeply troubled by the deaths of African-Americans at the hands of law enforcement and angered by the cowardly and hateful targeting and killing of police officers."

Jordan

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1. DiMeo P.J. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. Urologic Nursing. 2006 Dec; 26(6): 442-453.

US, Mexico air transport accord enters in force, seen boosting travel

It said the two countries exchanged diplomatic notes to bring the agreement into effect after four years of talks.

A Delta airlines plane GETTY IMAGES

The United States and Mexico agreed to put into force a new air transportation agreement that is expected to boost travel and clear the way for any city to have direct airline service to the neighboring nation, the U.S. Transportation Department said on Monday.

The agreement will allow "increased market access for passenger and cargo airlines to fly between any city in Mexico and any city in the United States," the Transportation Department said, expanding on the brief White House announcement.

"Cargo carriers will now have expanded opportunities to provide services," it added.

The expanded access under the agreement starts Aug. 21.

The accord, which modifies a 1960 agreement, removes the numerical limitations on the number of airlines that may provide passenger service between all U.S.-Mexico city pairs, a term referring to flights between localities in each country.

As a result, some city-pair markets may new carriers for the first time, and airlines can consider offering new service in destinations that they could have never considered previously, the Transportation Department said.

The agreement removes a key hurdle to a closer tie-up between Delta Air Lines Incand Grupo Aeromexico SAB de CV. The carriers have asked the U.S. government to grant them immunity from antitrust law so they can coordinate better flight connection times as well as prices. Mexico approved the joint venture in May.

Delta has said it expects to own up to 49 percent of the Mexican carrier by the end of the year. REUTERS

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Nineteen feared dead in Japan knife attack

Nineteen people were feared dead and 45 injured after an attack by a knife-wielding man at a facility for the disabled in Japan early on Tuesday, national broadcaster NHK reported.

Police in Sagamihara, Kanagawa Prefecture, about 25 miles southwest of Tokyo, have arrested Satoshi Uematsu, a 26-year old former employee at the facility, Japanese media reported.

They said staff called police at 2.30 a.m. local time with reports of a man armed with a knife on the grounds of the Tsukui Yamayuri-En facility.

The 7.6 acres facility, established by the local government and nestled on the wooded bank of the Sagami River, cares for people with a wide range of disabilities, NHK said, quoting an unidentified employee.

Media reports said the man, wearing a black T-shirt, did not have a knife when he turned himself in at a nearby police station. Police said they were still investigating possible motives.

The "Keep Out" tape by police is displayed at the Tsukui Yamayuri En, a care centre at Sagamihara, Kanagawa. GETTY IMAGES

Asahi Shimbun reported that the suspect was quoted by police as saying: "I want to get rid of the disabled from this world."

Fifteen people were confirmed dead while four were in cardiac arrest, the media reports said. The wounded were taken to at least six hospitals in the western Tokyo area.

Twenty-nine emergency squads responded to the attack, Kyodo reported.

A man identified as the father of a patient in the facility told NHK he learned about the attack on the radio and had received no information from the center.

"I'm very worried but they won't let me in," he said, standing just outside a cordon of yellow crime-scene tape.

Kyodo, citing the facility's website, said the center had a maximum capacity of 150 people.

Such mass killings are rare in Japan. Eight children were stabbed to death at their school by a former janitor in 2001.

REUTERS

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Suspects sought in Florida shooting that killed two teens

Police in Fort Myers said terrorism was not a factor in the state's latest gun violence this summer, but provided no details about a possible motive or the individuals who were detained.

Florida police had three people in custody and were searching for additional suspects in a shooting outside a nightclub that left two teenagers dead and as many as 18 people wounded early Monday.

The shooting occurred shortly after 12:30 a.m. EDT in the parking lot of Club Blu, which was hosting an event open to teenagers, the Fort Myers Police Department said.

Police collect evidence outside of Club Blu night club. GETTY IMAGES

Police said Stef'An Strawder, an 18-year-old high school basketball star, and Sean Archilles, 14, were killed.

Two other people have life-threatening injuries, hospital officials said.

"This was not a terrorist act," Fort Myers Interim Police Chief Dennis Eads said at a news conference.

He said officers responding to the shooting found chaos at the scene.

"No one really knew what was going on, or what happened," Eads said.

He said officers provided first aid to victims, bandaging some with tourniquets to stop bleeding. Paramedics took some victims to the hospital while others drove themselves.

Nineteen people, ranging from 12 to 27 years old, went to hospitals, said Lisa Sgarlata, chief administrative officer for Lee Memorial Hospital.

Four patients were hospitalized at Lee Memorial. Two had life-threatening injuries and were in intensive care, Dr. Drew Mikulaschek said at a morning news conference. GETTY IMAGES

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TV newswoman plunges 125 feet to death at North Carolina waterfall

Taylor Terrell FACEBOOK

A television news anchor from Georgia fell 125 feet to her death in North Carolina after being swept over a waterfall, a spokeswoman for the U.S. Forest Service said on Monday.

Taylor Terrell died at Rainbow Falls in the Pisgah National Forest on Thursday. The next day would have been her 25th birthday, according to news station WMGT in Macon, where she worked.

She had been wading in the stream above the falls when she lost her footing, Forest Service spokeswoman Cathy Dowd said in a telephone interview.

The current carried Terrell downstream and over the falls, Dowd said.

A local man died on Saturday after jumping off the top of Elk River Falls in the same forest and falling 40 feet, Dowd said.

The Forest Service warned of the dangers of climbing on waterfalls or swimming near them.

"Sometimes people are just unaware of how strong that current actually is," Dowd said. "Even if you think you're not that close to the edge of the falls, if you lose your balance and cannot get back up, you can put yourself in a very serious situation."

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Margot Robbie addresses that awkward Vanity Fair profile

ALL PHOTOS GETTY IMAGES

What happens when Vanity Fair publishes a profile on Margot Robbie calling her a "throwback" because she's Australian and that's the place for throwback people? Twitter explodes.

Fellow Aussies came to Robbie's defense accusing the writer of the article, Rich Cohen, of overt sexism and quite possibly the weirdest characterization of Australia.

The "Suicide Squad" star addressed the article while on an Australian talk show hosted by Carrie Bickmore, calling the story's tone "really weird." And on Cohen's method, Robbie added, "I remember thinking, 'That was a really odd interview; I don't know how that's going to come out.'"

In the profile, Cohen described Robbie as "beautiful in a minor knock-around key, a blue mood, and a slow dance," also noting that "she is blonde but dark at the roots. She is tall but only with the help of certain shoes."

Robbie, a veteran of being sexualized in the media, responded to the comments, "I've read far more offensive, far more sexist, insulting, derogatory, disgusting things on a daily basis," she admitted. "Maybe I'm desensitized to it now."

Although the story caused quite the stir, Robbie was extremely grateful for the support, "I had like this bit of Aussie pride, where I was like, 'Don't mess with the Aussies,'" she said. "Don't you mess with the Aussies. Look at what happens when you mess with Australia."

the word

Rihanna doesn't want you to catch 'em all

There are many social media check-in obligations when you attend one of this summer's biggest tours: Snapchat, Instagram, Facebook Live, Twitter, etc. But there's a new lowest one on the list. No, not FourSquare. It's Pokemon Go.

Rihanna knows this. And she's calling out fans who are playing the game at her shows.

"I don't want to see you texting your boyfriends or your girlfriends," she told the crowd in Lille, France, on her ANTI tour. "I don't want to see you catching any Pokemons up in this b—h."

The "Sledgehammer" songstress was recently cast in Janet Leigh's iconic "Psycho" role on the final season of A&E's "Bates Motel," and to be fair, she might have a point. If you want to combine one of the hottest tickets of the year while expanding your Pokedex, just head to Central Park, where you might find human Psyduck, Justin Bieber, instead.

Andy Dick is sober, and that's awesome

Here's something genuinely nice in a relentlessly awful year: Andy Dick is sober! Like, for reals sober. Like, promoting-a-recovery-center-for-free sober. The actor, known for "NewsRadio" but also for spending most of his career getting arrested for his alcohol- and drug-fueled antics, has been clean for 18 months. He credits his outpatient treatment at the center SOBA for his success, and he's so thrilled that he's now an unofficial employee, appearing pro bono on advertisements for the center.

It's at this point that we're supposed to get all skeptical and laugh at the celebrity who used to not keep it together and may fall off the wagon and do crazy things. We're supposed to remember we still have Lindsay Lohan to kick around. But we're not doing that. Thanks in part to "BoJack Horseman" — the cartoon about a famous talking horse with substance abuse problems, whose gutting third season is up for binge-watching on Netflix — we're deeply empathetic to tabloid fixtures who fight hard to be happy. So, good on you, Andy Dick!

Usher, Josh Groban and more are fed up with politicians using their songs

On Sunday's "Last Week Tonight With John Oliver," musicians aired their grievances about politicos using their tunes without permission — in song, of course.

Oliver pointed to Donald Trump's unauthorized use of Queen's "We Are the Champions" as his entrance music to last week's Republican National Convention. "So it's with a heavy heart that I announce: Freddie Mercury, dead again at age 69," Oliver cracked. (Mercury, Queen's lead singer, died in 1991.)

This was hardly the first time a politician has pinched a song. Ronald Reagan infamously stole Bruce Springsteen's "Born in the USA" in 1984—and he didn't even bother to listen to the lyrics, which are about the Vietnam War.

So Oliver gathered a slew of artists to send pols a message they can't misinterpret. Usher, Heart, Josh Groban, Sheryl Crow, Cyndi Lauper and others appeared in a video for "Don't Use Our Song," which included lyrics like: "By the time this tune is through/You'll be lucky if we don't sue."

Song stealing is a non-partisan issue, so we'll see if the Dems strike a sour note with any musicians this week.

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Jesse Eisenberg won't impersonate Woody Allen

The "Cafe Society" star says he doesn't like seeing his movies, even once.

MATT PRIGGE
@mattprigge
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No impression

This is your second film with him. He's known for his brusque directing style, but I'm not sure how overstated that is.
He's just uninterested in celebrating good moments on set. He's very matter-of-fact. If something is going well, we do it once and go onto the next thing. If something is not going well he very practically steps in and alters it or gives a good piece of direction. I kind of like that, because I don't feel the need to discuss anything at great length. I do a lot of that on my own beforehand. He expects that. He hires really wonderful, competent actors who he trusts.

Kristen Stewart and Jesse Eisenberg reunite for the third time for Woody Allen's "Cafe Society." SABRINA LANTOS

When Jesse Eisenberg calls for our interview, he begins, "This is Jesse Eisenberg, from the movie." That formality is so him — the movie star who doesn't want to come off like a movie star. But it's not fake modesty; he seems truly sincere. The actor, 32, has found a filmmaker even more neurotic than himself. "Cafe Society" is Eisenberg's second film with Woody Allen, after 2012's "To Rome With Love." In Allen's 47th movie, Eisenberg plays a young man in the 1930s who comes to Hollywood and winds up falling for a studio secretary played by Kristen Stewart — unaware that she's sleeping with his movie mogul uncle (Steve Carell).

Like me, you grew up watching Woody Allen movies. What was the one that turned you into a fan?
The first movie I saw that really hit me in a profound way was "Crimes and Misdemeanors." I saw that somebody could make something that was funny and accessible and at the same time introspective, contemplative, thoughtful, intellectual and analytical without compromising any of those elements.

Woody is someone who famously doesn't like people celebrating his body of work. How do you feel about watching your past films?
I never watch anything I've ever been in, even once. Most likely I'll feel critical about it, but I'm also concerned about any kind of vanity it would provoke. I just don't watch anything. It makes me too uncomfortable. I like to stay busy. I don't like to revel in the celebration of previous things — which is a big part of the entertainment industry, of course.

Sometimes when an actor plays a male lead in a Woody Allen movie they'll do a Woody Allen impersonation. You haven't done that.
My feeling was just to play the part as I would any other role. I was trying to view the character with emotion and depth, and emphasizing what is really naive about the character in the beginning of the movie, and what is world-weary about him in the second half. Woody Allen has said many times that if he played the role he would have played it as a comedic character. That's not how I approach performing. And so my version is probably more dramatic. It might be less funny than his, but he says it has elements that he wouldn't have brought to it. It feels strange to that, but that's what he said.

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Andrea Mitchell talks Trump's strategy and social media

Our editor Jennifer Logue chases a political scoop with the veteran broadcaster.

JENNIFER LOGUE
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It's the first day of the Democratic National Convention and Andrea Mitchell, NBC News' chief foreign affairs correspondent and host of "Andrea Mitchell Reports" on MSNBC, already has a jam-packed schedule. She jumps into our interview at McGillin's Ale House seconds after finishing a call, but doesn't miss a beat. Two questions in and an NBC staffer interrupts us and whispers in her ear. Mitchell says: "We have to go now." Her PR rep suggests I join them in the car to finish the interview, and so off we go — on the trail of a hot political scoop with one of the biggest names in broadcast journalism.

You've covered so many presidential campaigns. Have you ever seen anything like this?

I've never seen anything like this. I don't think anyone has. We have an outsider who has never been in politics, but is a reality TV star campaigning against the party establishment, his own party establishment, as well as everyone else — and ends up winning his party's nomination. So it is a complete transformation of the Republican Party, and how does the Democratic Party strategize against him? Because everything they think is working so far has backfired. He turns every negative hit into a positive with his followers, who are just angry at everyone.

What effect is social media having on politics?

It has changed everything in politics, and this year, in particular. Donald Trump has not had to spend big advertising dollars because he can get publicity just by going on Twitter. With aggressive — sometimes profane — provocative tweets and attacks, the kind of stuff you can't put on television, he is getting away with on social media and gets a lot of pickup for it. So he doesn't have to even raise money to get publicity.

Andrea Mitchell says social media changed the game. NBC

I saw you covered the RNC as well last week. How do you keep your reporting unbiased?

I've been raised in this for 40 years. I started out during the tumultuous protests in the '60s and '70s and it becomes second nature to you to weed out your personal feelings. You have to take a big step back, but you train yourself. Now, there will always be times when just by deciding what's important, you are making a judgement. Sure, that's subjective — partisan bias. I am suspicious of all politicians of any stripe.

So many young journalists look up to you. Do you have any advice for them?

My advice is to read everything, to get as many sources as you can, to find as many sources as you can and not get trapped in conventional wisdom. Get outside the bubble. Don't be part of a traveling press core only. Interview real people. Do what the great print journalists always did — David Broder and Dan Balz of the Washington Post [for example]. The great reporters talked to people. Go door to door. Find people to interview who are not part of the political circus. That is the best way to understand what is happening. There is a lot of suspicion amongst young people, of those of us—journalists and otherwise—who have done this for so many years and are the establishment. I don't blame them. We certainly have to figure out, as everyone else does, how to reinvent ourselves in this era of social media.

Do you have any suggestions in that regard?

We have to find another way to do reality checks, because you can put up as many facts as you want to contradict what Donald Trump or Hillary Clinton is saying, but if the public is so turned off by us, they aren't going to believe it. So if we say what Donald Trump says about NATO isn't accurate or what Hillary Clinton says about her emails doesn't add up, they're not going to believe us anymore than they believe the politicians. We have to find a way to earn the trust and confidence of our readers and viewers, our public.

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Stay fit on summer vacation

Everyone likes to lounge on the beach, but getting in a few workouts during downtime won't hurt.

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If you're running away from your stress this summer vacation, fitness enthusiast Brian Ripka says you might as well run to stay fit while you're at it.

The 47-year-old recently founded Ripped, a SoulCycle for runners that specializes in a high-intensity workout combining time on the treadmill with bootcamp routines. It's set to open in NYC this fall.

But what should people do to stay fit when they don't have access to a gym or their favorite fitness class? We spoke with Ripka, who happens to be son of celebrity jeweler Judith Ripka, to get his summer-holiday exercise recommendations.

What are some exercises people can do to stay fit on vacation?

When I travel I'm always looking for a golf course to run on. If you just go the length of the golf course, you've got a good run in. So if you're in the Hamptons or at other summer destinations, you're probably near a trail path or a beach — those are all great places to run. In the hotel room I do something called 10x10x10. First, jog in place for 30 seconds to warm up the body and the mind. Then count to yourself through 30, and when you get to 30, you say, "Let's go!" You do 10 jumping jacks, then get into pushup position, take a deep inhale and exhale, and do 10 pushups. Next you hold, inhale and exhale, and do 10 mountain climbers. After you do 10x10x10, pop up and do that three times and that's one set. You do three sets of it, then go out and hit the beach.

Why are these good exercises to do while on vacation?

I used to travel 100 plus days a year for my job, so between work and vacation I spent half the year away from my gym. I needed to figure out a way to get a full workout in without any access to gym equipment. The 10x10x10 workout is great because it really gets your heart rate up. You get in a good sweat and it doesn't take more than 20-25 minutes.

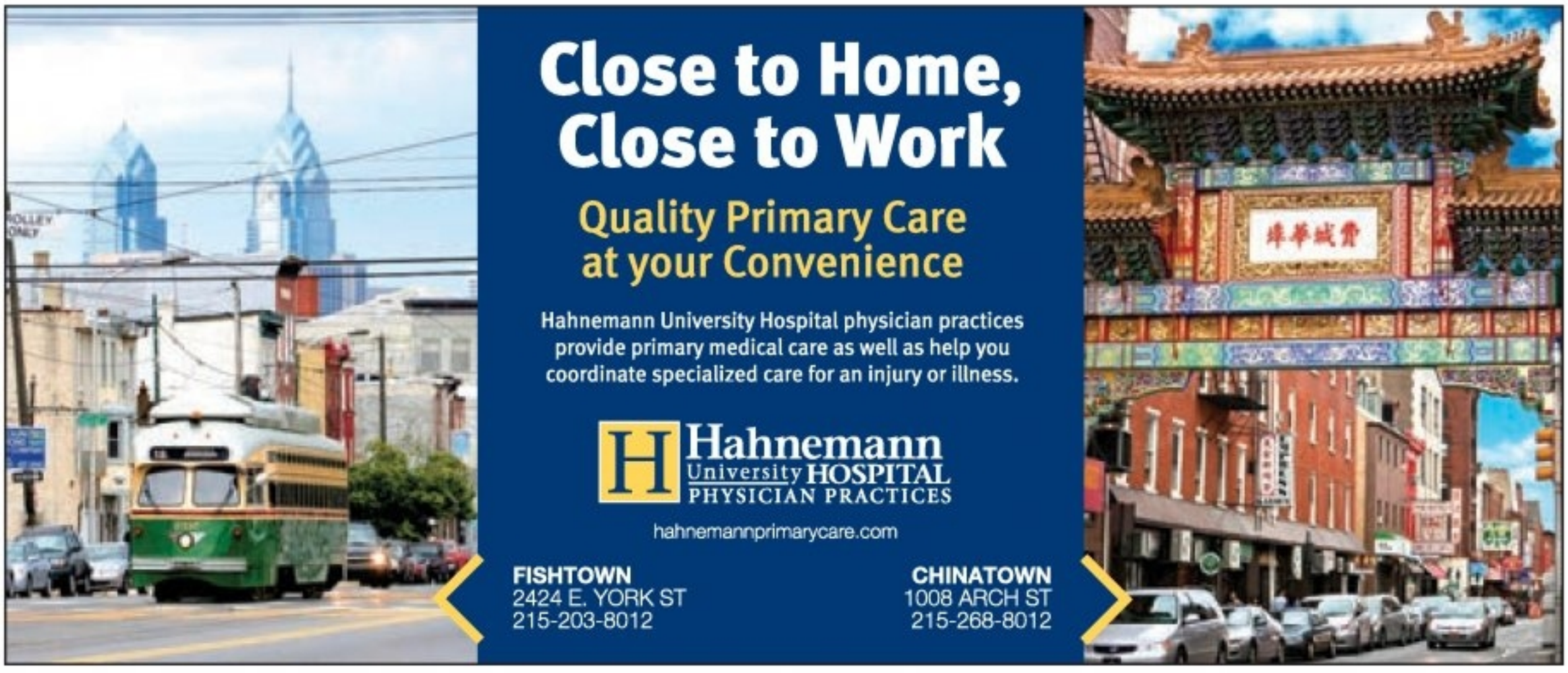
Why are trails and beaches the best place to run?

When I travel, I don't run on road anymore. I think it's too tough on the body — the knees, the joints, the back — so an easy one is to run on the beach. The golf course and trails are also soft on the body.

The impact of running on concrete rattles the joints. … It's runner's suicide, really. At some point, it will catch up to you, and it caught up to me, so I found running on soft ground is perfect.

What's a fitness tip that everyone should live by?

Most important is consistency and staying power. So many people seem to lack the ability to stay. They let one bad day turn into two or three, and they end up forgetting what they aspired to do in the first place. That's really where I see the fallout. It's OK to take a day off, it's not the end of the world, but you've gotta get back to work.



The future of pharmacology

It might someday be possible to speed up buffing up or learning a new language just by taking a drug.

DMITRY BELYAEV
Metro World News
letters@metro.us

It may sound like a scene from a sci-fi movie, but soon it might be possible to exercise just by taking a pill.

Several laboratories around the globe are already working on a drug that could replace tough, time-consuming workouts. A new pill targets skeletal muscle performance and improves strength and energy use, producing stronger and faster muscles.

Recently, the "magic drug" has proven its worth. Australian scientists revealed that sedentary mice using this type of pill burn more calories and lose more weight.

"We are still at the stage of doing very preliminary work in rats and mice and then this needs to progress to other animal species and eventually to various stages of controlled studies in humans," Ismail Laher, professor at the department of pharmacology and therapeutics at the University of British Columbia, Canada, told us.

He added: "It is important to note that in the laboratory setting with animals, the tendency is to look for only one outcome. Whereas in humans, this becomes far more complex as there are a great many variables both within and between individuals."

While getting a workout simply by taking a pill sounds like a slacker's dream, Israeli researchers are working on other substances that could help people heal themselves with positive thinking. Their model is supposed to utilize the brain's potential to cure, based on the so-called placebo effect.

Experiments have already shown that activation of areas of the brain associated with positive expectations can affect how the body copes with diseases.

"If we gain a sufficient understanding of how the brain works, we will also have a better insight into how we can activate it with natural experiences and biofeedback," Asya Rolls, assistant professor at the Israel Institute of Technology, explained. "A lot of research is focused these days to understand the basics of behavior from learning through emotional regulation to understanding aggression and even concepts of morality. I believe that we will be able to impact all these aspects in the future."

However, scientists believe a "pill for everything" will hardly ever be created. Skills such as reading seem to be complex issues that are learnt and developed over a long time. These behavioral traits require training and a focused approach, and no substitute for hard work could possibly be developed to master these skills.

Moreover, drugs could almost totally disappear from shelves, with bioelectrical medicine being used in the future to cope with diseases and injuries. A new treatment, which is expected to become reality in the next year, provides an opportunity to leverage the power of the

"Pills may not exist in the future"

Chad Bouton, vice president of advanced engineering and director of the Center for Bioelectronic Medicine at the Feinstein Institute for Medical Research, says medicine is changing.

What is bioelectrical medicine all about?
It is a revolutionary new field that uses electrical signals to stimulate nerves and target the specific biological processes associated with disease and injury. In plain language: We are tapping into the nervous system to help the body heal itself.

When will it enter into our lives?
Clinical trials for rheumatoid arthritis in the United States are slated to begin in early 2017 and other new areas are under development; however, as with any new medical device technology, the regulatory and approval process requires additional time after the development is completed.

What advantages does it have in comparison to standard pills?
These technologies work at the level of the nerve fiber and allow for cell-specific targeting. Initial studies suggest that bioelectronic medicine may eliminate the side effects often found with pharmaceuticals.

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Popping pills could be a thing of the past. FLICKR, CREATIVE COMMONS

human nervous system and also has the potential to help in gaining new skills quicker.

"For example, it might treat and replace lost functions after a stroke or injury," Chad Bouton, vice president of advanced engineering and director of the Center for Bioelectronic Medicine at the New York state-based Feinstein Institute for Medical Research, said. "This means, I suspect, that this type of technology could even one day help us augment normal functions such as learning a new language or other skills more rapidly; but we still have much to learn before we reach that possibility."

Laher concluded. "The influence of genetic determinants are just being described in very basic terms. This will likely be a target for drug development. The future for the next generation of biologists is very exciting."

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AS EAGLES TRAINING CAMP BEGINS, WHY IS CHASE DANIEL HERE?

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OPINION

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.
@realglenmacnow

I understand why the Eagles re-signed Sam Bradford. It's a weak NFC East, winnable by any team that gets hot and stays healthy. Bradford ain't Aaron Rodgers, but he's the ablest starting quarterback they could get for this season.

And I sure understand why the Eagles drafted Carson Wentz. It's close to impossible to win a title without a franchise QB. So why not go all in for a kid who seems to have the tools, smarts and attitude to become an NFL star?

What I don't understand is the man in the middle. Chase Daniel will be paid $7 million this season to stand between Bradford and Wentz holding a clipboard. It's the 25th-highest salary of any QB in the NFL, and second-biggest paycheck of any projected backup. (Hello, Nick Foles.)

If Bradford stays healthy, Daniel won't play. If Bradford gets hurt, there's no reason he should start ahead of the rookie Wentz. You could argue that Wentz would be better served watching from the sidelines this season, but I'm of the mind that if and when the Eagles drop from contention, they should hand the keys to the kid. That's the way it works for high-choice rookie QBs in the NFL — from Peyton Manning to Luck to RGIII to Mariota and Winston.

Chase Daniel will be the "man in the middle" at Eagles training camp. GETTY IMAGES

Sometimes, a backup QB takes over and keeps a team going. There's no better example of this than Eagles offensive coordinator Frank Reich, who once led the Buffalo Bills to the greatest comeback victory in NFL history.

Is Daniel that guy? In a seven-year career, the 6-foot-nothing QB has thrown exactly one TD pass in 77 attempts. His average completion has covered 9 yards. His career highlight film runs shorter than Marcus Smith's.

He's here, we are told, in large part because he fully comprehends the offensive scheme employed by new coach Doug Pederson. He can help pass that along to both Bradford and Wentz. OK. Just for clarification, Pederson played QB in the NFL, as did Reich. The Eagles also have a quarterbacks coach in John DeFilippo. How complex can this offense be that it needs this many tutors?

If Bradford stays healthy for 2016, none of this much matters. But he won't. Only half of the NFL's 32 teams had one starting QB through all of last season. And Bradford has never shown himself to be a Brett Favre-type iron man. I'll put the over/under on games missed at 5½ for Sammy Sleeves.

Still, for now, Pederson plans to start the season with Wentz as the inactive third QB, meaning he can't even enter a game if Bradford goes down. Daniel gets the first tap on the shoulder. Makes no sense to me.

Sure, let's see — perhaps against logic — if Bradford can keep the Eagles in contention through the first half of this season. But if Bradford can't, or gets hurt, there's no sense wasting time with the man in the middle. All that would do is delay the future.

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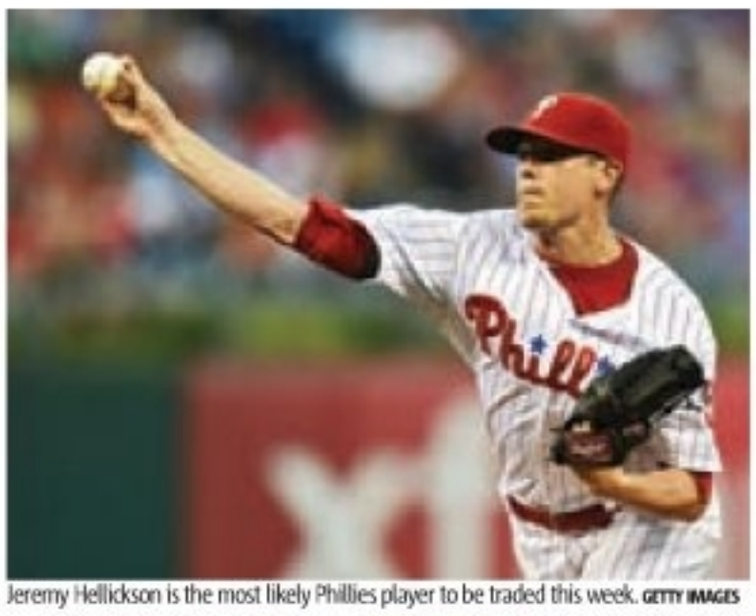
Which Phillies prospects should get called up after trade deadline?

As Major League Baseball's nonwaiver trade deadline inches closer, the Phillies have a variety of appealing assets to deal. What may end up having the most impact on Philadelphia's future, however, is which young players general manager Matt Klentak decides to promote in the wake of any possible trades.

The Phillies' most valuable chip is Jeremy Hellickson, who has dealt with trade rumors seemingly since Philadelphia signed him. The veteran right-hander has been a stable presence in the starting rotation, posting a 3.84 ERA in 20 starts, and while MLB.com's Todd Zolecki reports that the Phillies, "according to those familiar with their thinking, do not feel compelled to trade Hellickson," there has been significant interest from other teams.


Jeremy Hellickson is the most likely Phillies player to be traded this week. GETTY IMAGES

Nick Cafardo of the Boston Globe reported Saturday that the Marlins, as well as the Blue Jays, Orioles and Royals could be all be suitors for the 29-year-old.

If the Phillies find an offer they like from one of those teams, or any other, for Hellickson's services, Jake Thompson, who is in Triple-A with Lehigh Valley is one of the leading candidates to fill that spot in the rotation. Thompson was a surprising omission from the Triple-A All-Star Game due to a 7-5 record, and 2.58 ERA at the break — both of which have improved in the second half.

Another prospect who could soon find himself in red pinstripes is Jorge Alfaro, the young catcher that Philadelphia acquired in the deal for Cole Hamels. MLBNetwork's Jon Morosi has suggested that due to his defensive value, Carlos Ruiz could be a fit in a trade with the Cleveland Indians, who have lost starting catcher Yan Gomes to injury for the next two months.

If Klentak were to make a deal involving Ruiz, Alfaro certainly seems to have outgrown the minor leagues. In 69 games at Double-A Reading, the 23-year-old has been dominant on both sides of the ball. Alfaro is hitting .290 with 11 home runs and 49 RBIs, and has thrown out 42 percent of the base runners who have tried to steal on him.

Philadelphia may not be acquiring Chris Sale or Aroldis Chapman at the deadline, but what Klentak does — even with the more minor pieces on his roster — will heavily dictate the course of the organization going forward. ZANE STALBERG

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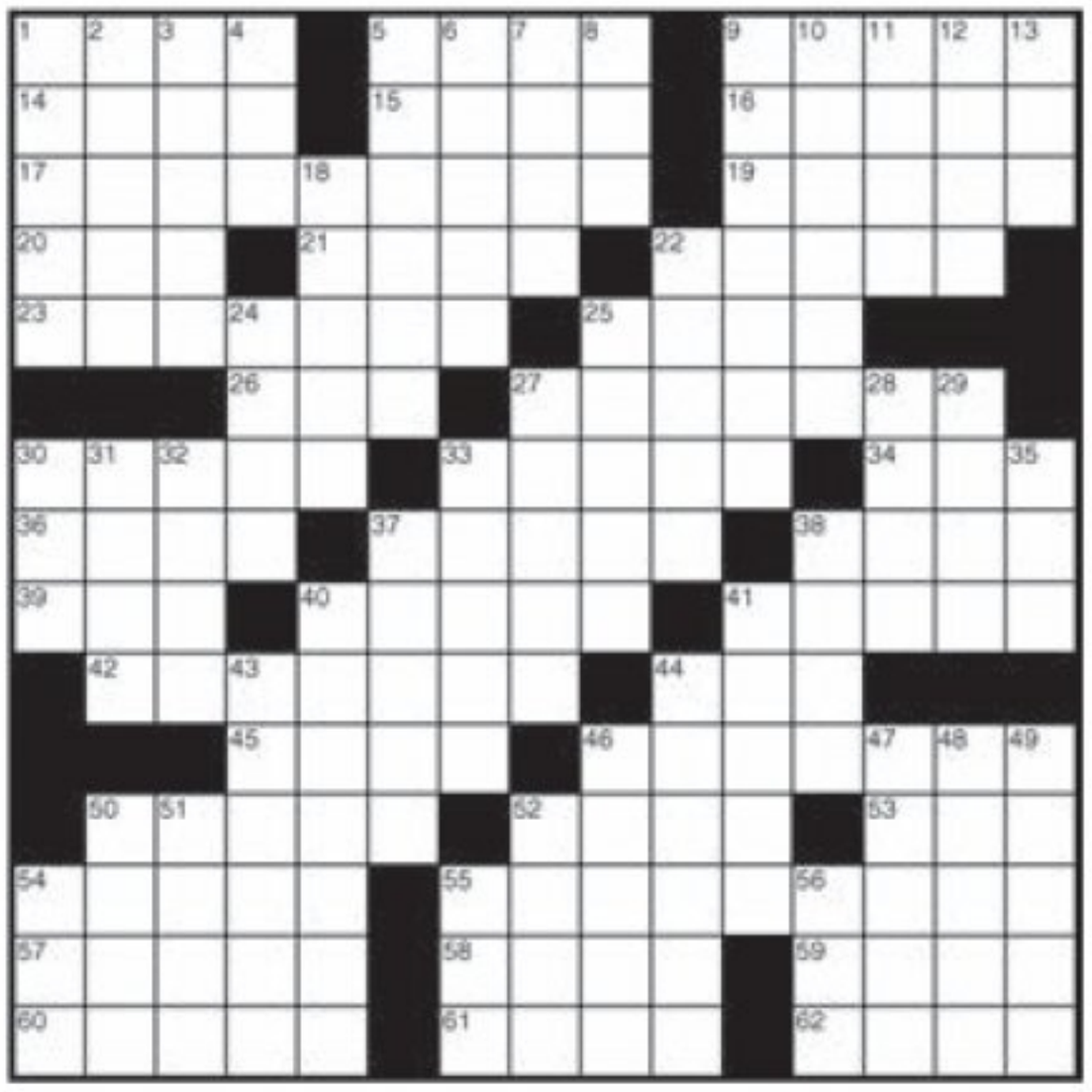
16 Exaggerated
17 Fully feather-footed bird
19 Prince Arn's mom
20 Sports "zebra"
21 Don't rub — —!
22 Tearful requests
23 Hassock
25 Pupil's place
26 Grass-skirt accessory
27 Dislodges with a hoe (2 wds.)
30 Used galoshes
33 Loggins or Rogers
34 PTA member
36 Mars, to Plato
37 Bandleader Count —
38 Humane org.
39 Cowpoke's sweetie
40 Seminar focus
41 Fire chief's suspicion
42 Dart thrower
44 Obs. insecticide
45 Borscht base
46 The North Star
50 Ahoy, —!
52 Whirling dervish
53 Miners dig it
54 Disprove a point
55 Not well thought-out (hyph.)
57 Keep occupied
58 End of a threat
59 — shui
60 Hauled along
61 Was very thrifty
62 Coat or umbrella —

Down

1 Copy
2 Eight voices
3 Pub order
4 It's N of Afr.
5 Tropical cocktail (2 wds.)
6 NBA star — Baylor
7 Cash advance
8 Hibernate
9 Trait
10 Hedger's word
11 Glimmering
12 Muddy tracks
13 Green parrot
18 Said with gestures
22 Likely to
24 Flamenco shouts
25 Column type
27 Amber or copal
28 Ballpark figures
29 Not much, in Matamoros
30 Tongues do it
31 Mighty steed
32 Wooded hollow
33 On the blink
35 Operate
37 Golf score
38 Tijuana Ms.
40 Chirped
41 Wing it (hyph.)
43 Thick-skulled
44 Tipped, as a hat
46 Heart throb
47 Meteorologic Al?
48 Castle that danced
49 Papyrus is one
50 Quick reminder
51 Just touch
52 Polio vaccine inventor
54 Wharf denizen
55 Start of a bray
56 Rudder's place



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easy

			5		8	9		
		4		6			8	
2	8				1			3
9							3	2
	3		8	9	6		4	
8	7							1
4			6				5	9
	6			1		2		
		8	2		3			

hard

		5			3	7		6
7			5			3	9	
3			7	9	6			
		9		7			5	
				1				
	4			6		8		
			8	5	1			3
	7	3			2			1
1		8	6			4		

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Aries Discipline and hard work will lead to a better position. Your tenacity will grab the attention of someone willing to take a chance on you. Romance will lead to a stronger commitment.

Taurus Don't get into an argument. The downside will be too great, and whatever gain you do make will be too small. Aim for peace through compromise and solutions.

Gemini A little charm mixed in with imaginative suggestions will turn heads. A partnership will gain greater stability through carefree banter. Show how much you care.

Cancer Take the time to appreciate what's going on around you. Don't feel the need to jump because someone else is quick to act or is being unpredictable.

Leo You can make a lasting professional impression. If you don't hesitate to share your thoughts and offer suggestions and solutions, advancement will be yours.

Virgo Take charge rather than let someone else call the shots. Think about how your time and money are spent and how you can stretch your dollar to include healthy pastimes.

Libra If you make a plea for change, your voice will count. Participate in matters that concern you instead of watching from the sidelines. Your efforts will draw positive attention.

Scorpio Gauge what others do before you decide to make a move. Look for a unique way to make your domestic situation more accommodating. Don't let emotions stand in the way.

Sagittarius Adventure may tempt you but caution should take precedence. Too little planning and not enough attention paid to detail will result in regret. Stick to what you know.

Capricorn You'll have to count on yourself when it comes to legal, financial or health concerns. A positive change at home will do wonders for your attitude.

Aquarius You should put together a proposal about the possibility of turning a hobby into something marketable. There is money to be made if you are willing to make a change.

Pisces Older individuals are likely to pose a problem. Stick close to home, where you can make the most out of your time. An unusual encounter is heading your way. **EUGENIA LAST**

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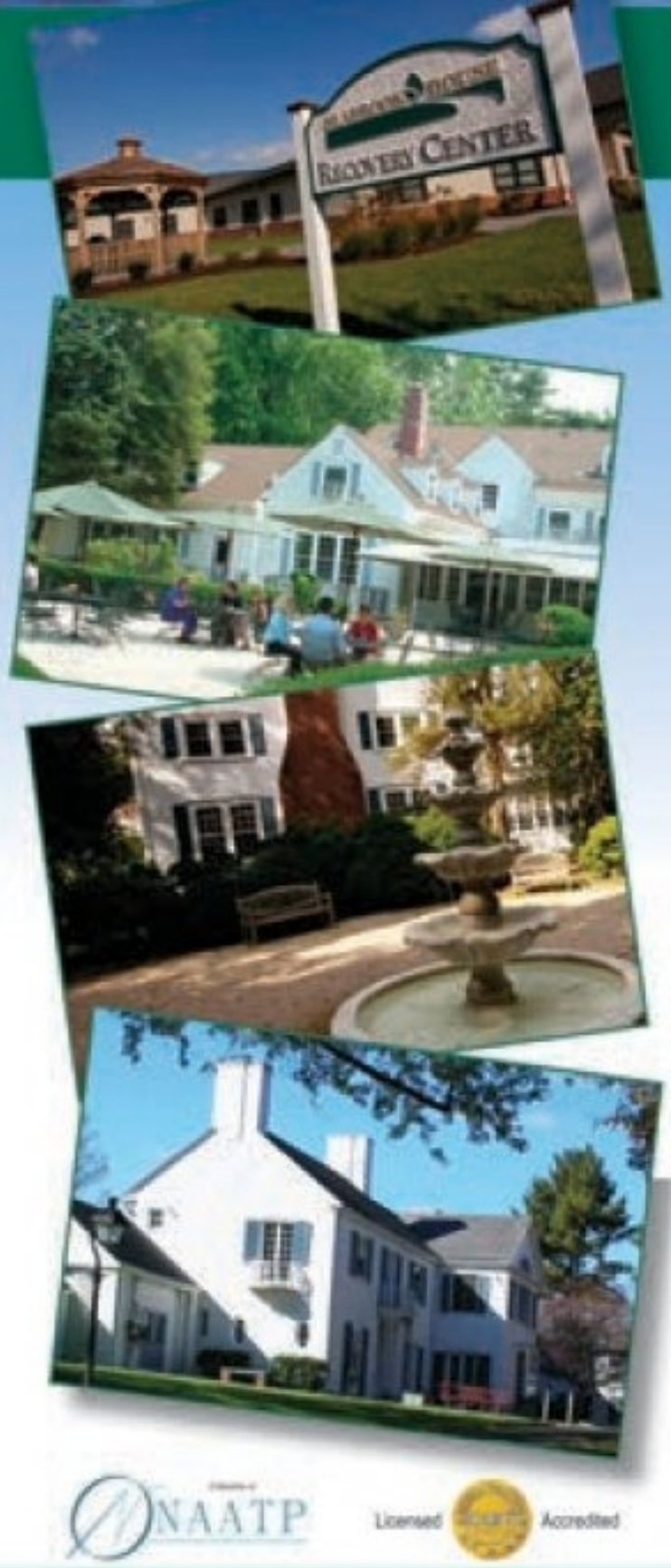

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